

## Signs of Heart Attack & Stroke

Coronary heart disease is America's No. 1 killer. Stroke is No. 3 and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

### Heart Attack Signs

Some signs are sudden and intense, but most start slowly with mild pain or discomfort.

- Chest discomfort; most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back; it can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body; symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath may occur with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

### Stroke Signs

Not all of these warning signs occur in every stroke.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

If you or someone you are with are having any of these warning signs, respond very quickly and call 911.

Adapted from American Heart Association at [Americanheart.org](http://Americanheart.org)

***For additional program information, please contact Workforce Health at 262-257-4780 or email us at [kcpeck@communitymemorial.com](mailto:kcpeck@communitymemorial.com)***